

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write
USDA, Director, Office of Civil Rights,
1400 Independence Avenue, S.W.
Washington, D.C. 20250-9410
or call (800)795-3272 (voice) or (202)720-6382 (TTY).

USDA is an equal opportunity provider and employer.

This institution is an equal opportunity provider and employer.

This material was funded by USDA's Supplemental Nutrition Assistance Program.



www.scdhec.gov/nutrition

We promote and protect the health of the public and the environment.

CR-006480 7/10



Nutrition Manual

Activities and Tips for Healthy Eating



South Carolina Department of Health and Environmental Control
Office of Public Health Nutrition

The Supplemental Nutrition Assistance Program provides
nutrition assistance to people with low income.
It can help you buy nutritious foods for a better diet.
To find out more, contact 1-800-768-5700.

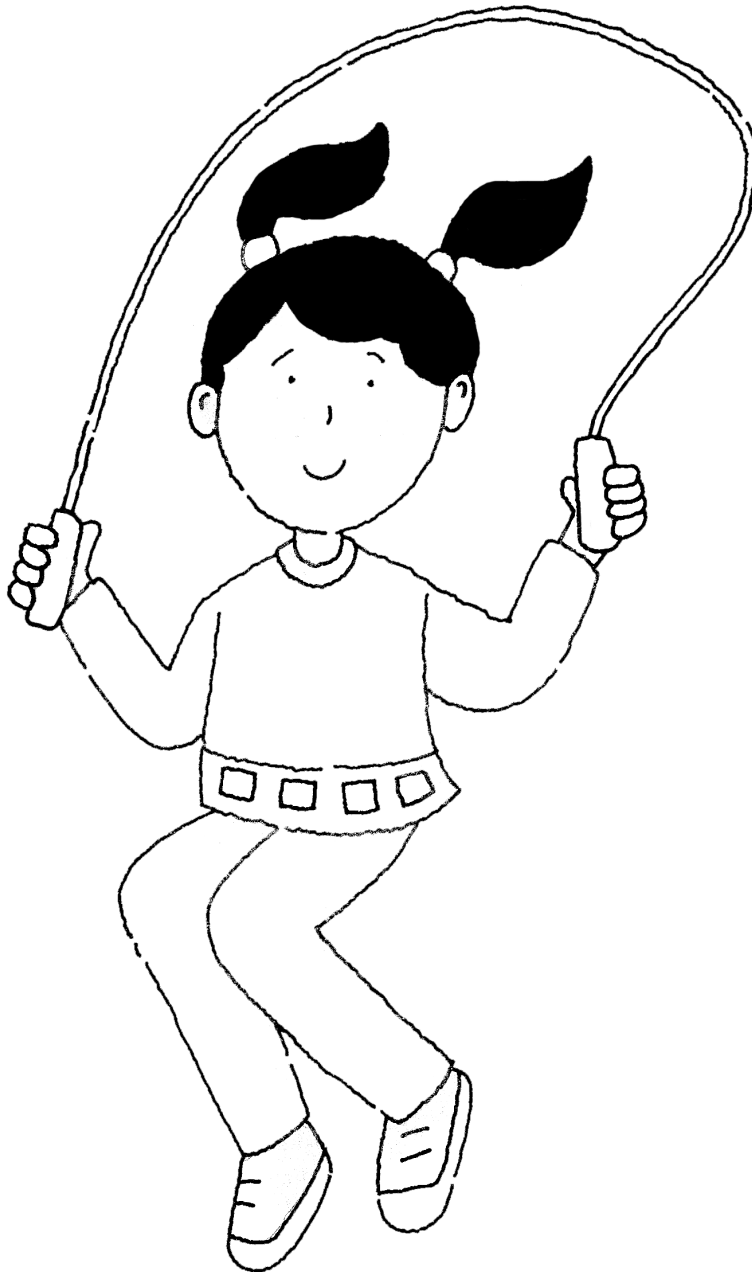


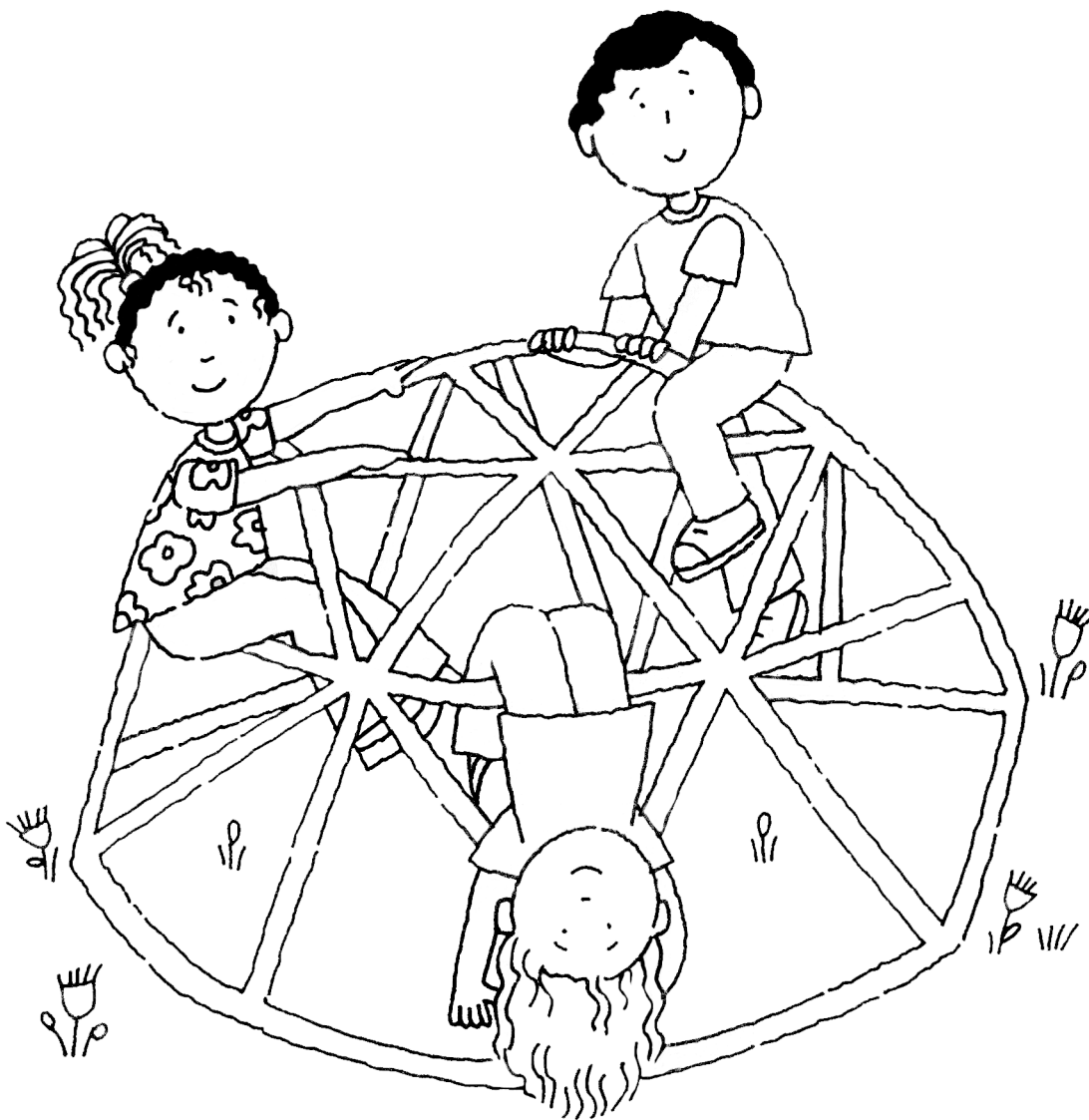
Printed July 2010
Total Print Cost-\$775.00
Total Number of Documents Printed-500
Cost Per Unit-\$1.55

This material was funded by the Supplemental Nutrition Assistance Program



Fun for Kids









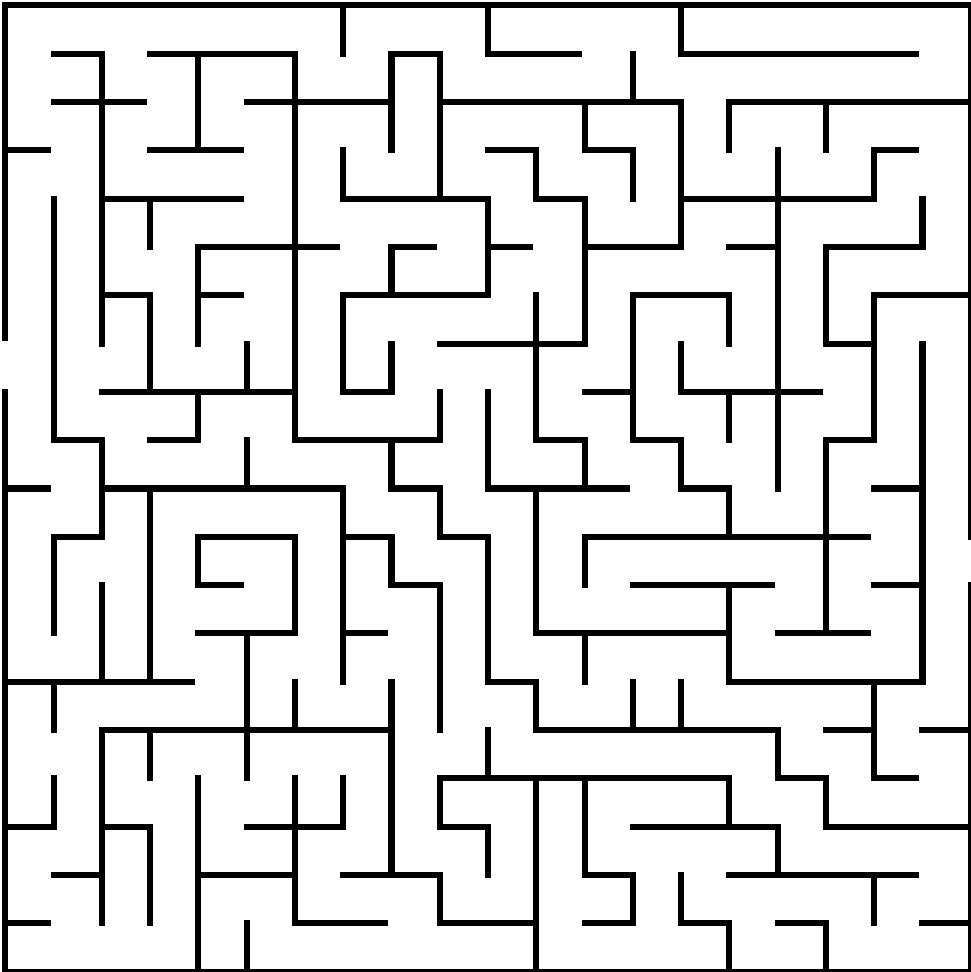
A Shopping Trip

Pretend you are going shopping for your mom, dad, or grandparents. Circle the foods that you think will make you and your family feel healthy and full of energy.



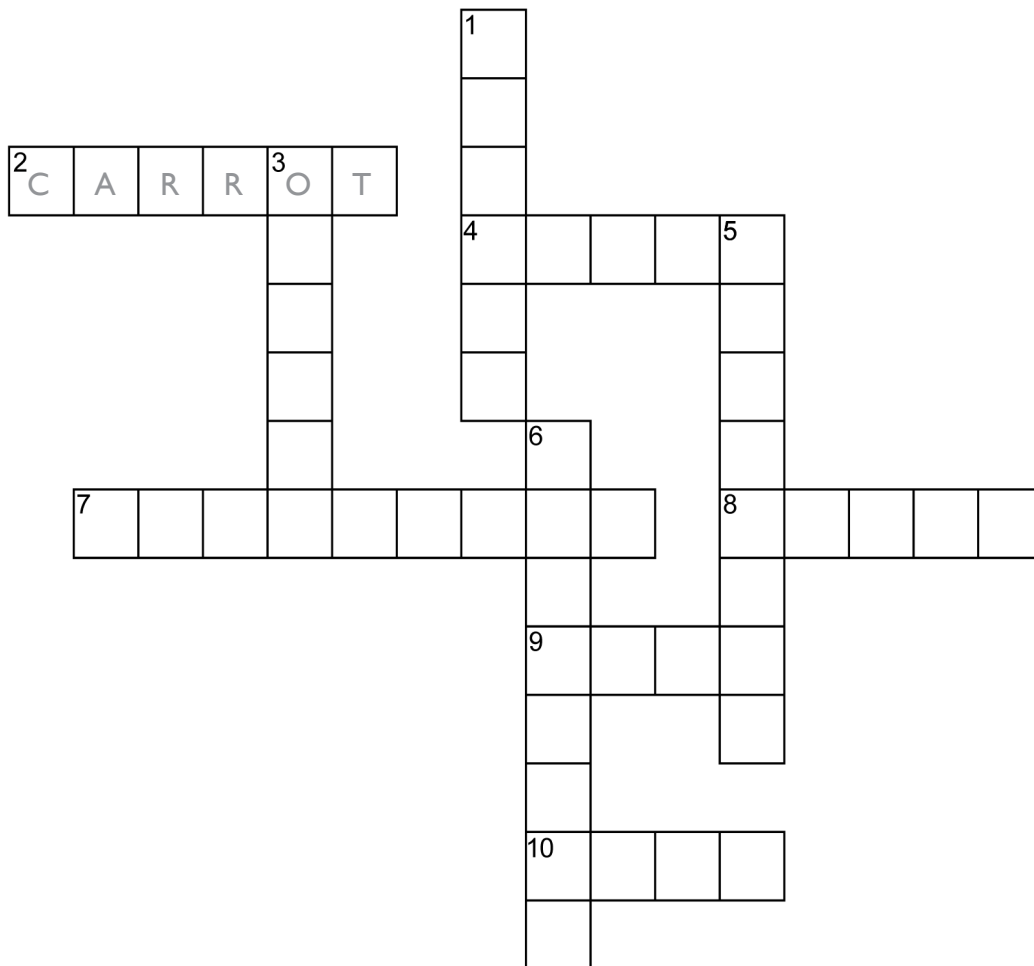


Find Your Way to the Apple





Fruit and Vegetable Crossword



Across

2. AN ORANGE VEGETABLE
4. A RED FRUIT
7. A BLUE FRUIT
8. A YELLOW FRUIT
9. A YELLOW VEGETABLE
10. A GREEN FRUIT

Down

1. A RED VEGETABLE
3. AN ORANGE FRUIT
5. A PURPLE VEGETABLE
6. A GREEN VEGETABLE



Find the Hidden Words

S E L B A T E G E V B Z T S T J I N R S Z M Z F H F R V W E
Y E S N N E J Q Z L V A T U D J H G O A A U U D N E W H H G
W Y P V Q C C N N V Z R N R X F P W K L E P T A K U J V O N
E J R A H A J Q U J A R A A Y O G U R T E P P C W O X Y L A
I U R E R K M K N W C Q M H N R C R E Z X M A L J R P R E R
P N E E I G O U B F A V O U X A T L K P J R R S E N E E G O
W S Y W D T C E X P R Y Q I M E Q T L W C C B E Y Q A B R P
E W I B A J R Y G A R P N H X C T L A I N B U K T M C M A U
W N E M Z R U O W N O L C C U E J Z B Y W K L I M A H U I I
T U O U Y O M N Z B T Y Q F S E R K V B K H F D U J W C N I
Q T U E Q R B T S I W L P A E G N J D D Y B K S O N D U S D
I G B L W T Q P P X J G J N I Z S P A F E Y F C H M Y C F P
X Z N O V E F S O L C F W L V I Y E S J Y H S V H Z O W V U
G U G S Z J Y V F D S T I U R F S Q T X F Q H Y T S O V B X
P O P C O R N S I W T P A H O I K L I K H T P N L X O I D S

APPLE
BANANA
CARROT
CHEESE

CRACKER
CUCUMBER
FRUITS
GRAPES

KIWI
MILK
ORANGE
PEACH

PEAR
POPCORN
STRAWBERRY
TOMATO

VEGETABLES
WATERMELON
WHOLE-GRAINS
YOGURT



Word Scramble

Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number.

NUNRING

R U N N I N G

GWIAKNL

CEOSCR

LFTAOBOL

SITNEN

GINHIK

GINRIDA IKBE

GUIMNPJ PORE

LAYPGIN GAT

LELBABSA

CTHOPHSOC

GISNGNIW

PNLYDRUAGO

SOLABFTL

LERRLO KATGISN



Fallen Tile

**Each letter appears in the same column, but below where it should be.
Put the letters back in the grid and rebuild the phrase.**

M								
T								
E								
T								

A

T	O	K	E	T	E	U	O	
M	V	W	N	R	S	N	K	Y
P	L	E	R	Y	Y	D	R	E
E	A	E	D	T	I	R	A	F



Tile Scramble

Unscramble the tiles to reveal a message.

T O	E V E	R Y	S E	E D	R C I
W E	D A Y	E X E	N E	A L L	

W E						R C I	
		D A Y					



Answers to Puzzles

Page 7–Fruit and Vegetable Crossword

ACROSS: 2. CARROT 4. APPLE 7. BLUEBERRY 8. LEMON 9. CORN 10. LIME
DOWN: 1. TOMATO 3. ORANGE 5. EGGPLANT 6. BROCCOLI

Page 9–Word Scramble

RUNNING, WALKING, SOCCER, FOOTBALL, TENNIS, HIKING, RIDING A BIKE,
JUMPING ROPE, PLAYING TAG, BASEBALL, HOPSCOTCH, SWINGING, PLAYGROUND,
SOFTBALL, ROLLER SKATING

PHRASE: IT'S IMPORTANT TO GET PLENTY OF EXERCISE!

Page 10–Fallen Tile

MAKE SURE TO DRINK PLENTY OF WATER EVERY DAY

Page 11–Tile Scramble

WE ALL NEED TO EXERCISE EVERY DAY



NUTRITION MANUAL FOR KIDS



NUTRITION MANUAL FOR KIDS



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	About 2 cups every day	About 2 cups every day	About 3 cups every day; for kids aged 2 to 8, it's 2	About 5½ oz. every day



Nutrition Counseling Basics for Care Givers And Families With Young Children

Good nutrition for an infant's first year of life is crucial for proper development and good health. Laying a good foundation for lifelong health and well-being begins at an early age, and healthy eating behaviors are a large part of the foundation.

- Good nutrition practices can be challenging to families and caregivers.

Nutrition Counseling Basics - Birth To 1 Year:

- While breastfeeding is a personal decision, breast milk is the best food for your baby.
- Babies double their birth weight in the first four to six months of life.
- The first four months of life babies only need breast milk or formula.
- No honey should be given to a baby until after the age of 1.
- Baby cereal should never be put into a baby's bottle.
- If using infant formula, choose one that is iron-fortified.
- Until 4 months of age, babies are unable to push the food to the back of their mouth for swallowing.
- After your baby accepts cereal, offer steamed vegetables, fruits, then meats and breads.
- Introduce new foods one at a time.
- At around 6 months babies like to drink from a cup.



NUTRITION MANUAL FOR KIDS

Nutrition Counseling Basics - 1 Year To 4 Years:

- Babies should not have cow's milk until they are 1 year old
- Offer new foods at the beginning of a meal when they are hungry.
- Encourage "just one bite" of a new food if they are hesitant.
- Let them help with preparation.
- Don't give up on a new food; try it again another day.
- Food "jags" are common among toddlers. They will get tired of the same food eventually.
- Toddlers don't usually like casseroles. Keep it simple. They don't like their foods mixed.
- Teach your toddler that mealtime is family time and not a time to watch television.
- Allow enough time for them to feed themselves.

A General Rule on Portion Sizes For Toddlers:

Your toddler needs approximately 1 tablespoon of every food served for each year of age. For example if you are giving your 18-month-old toddler a meat, starch, two vegetables and a fruit, then measure 1 ½ tablespoons from each group into the baby's food dish. Never feed a baby from the jar, and remember it takes several baby spoonfuls to equal 1 tablespoon.



Did You Ever Wonder Why Fruits And Vegetables Are Different Colors?

.....
This is because they all have different combinations of vitamins and minerals in them.
This is the reason why fruits or vegetables have different shapes, colors and tastes.

Red Fruits And Vegetables

- Help you have a healthy heart
- Help your memory
- Help lower the risk of some cancers.

Examples Of Red Fruits And Vegetables

Red apples	Strawberries	Red onions
Cherries	Watermelon	Red potatoes
Cranberries	Beets	Rhubarb
Red grapes	Red peppers	Tomatoes
Raspberries	Radishes	

Yellow/Orange Fruits And Vegetables

- Help you maintain a healthy heart
- Help you have good vision
- Help keep you from getting sick
- Help lower the risk of some cancers.

Examples Of Yellow/Orange Fruits And Vegetables

Apricots	Pineapples	Pumpkin
Cantaloupe	Yellow pears	Sweet corn
Lemons	Yellow beets	Sweet potatoes
Oranges	Butternut squash	Yellow peppers
Peaches	Carrots	

White Fruits And Vegetables

- Help you have a healthy heart
- Help lower the risk of some cancers.

Examples Of White Fruits And Vegetables

Bananas	White nectarines	Mushrooms
Brown pears	White peaches	Potatoes
Dates	Garlic	Turnips
	Onions	



NUTRITION MANUAL FOR KIDS

Green Fruits And Vegetables

- Help lower the risk of some cancers
- Help you have good vision
- Help you have strong teeth and bones.

Examples Of Green Fruits And Vegetables

Avocados	Limes	Green beans
Green apples	Green pears	Peas
Green grapes	Broccoli	Celery
Honeydew	Lettuce	Green pepper
Kiwi	Spinach	

Blue/Purple Fruits And Vegetables

- Help lower the risk of some cancers
- Help your memory
- Help you with healthy aging.

Examples Of Blue/Purple Fruits And Vegetables

Blackberries	Purple cabbage
Blueberries	Egg plant
Plums	Purple peppers
Raisins	Purple carrots
Purple grapes	Purple potatoes
Purple figs	Purple asparagus
Dried plums	Purple endive



A Closer Look At Vitamins And Minerals

Vitamin A

- Helps you have good night vision
- Helps you have color vision
- Helps you grow well
- Helps you have healthy skin.

Examples of foods with vitamin A

Apricots	Spinach	Sweet potatoes
Carrots	Cantaloupe	Tomatoes
Nectarines	Pumpkin	

B-vitamins

- Help your body make energy
- Help your body release energy
- Help your body transport oxygen.

Examples of foods with B-vitamins

Fish	Broccoli
Enriched wheat grains	Chicken
Beef	Dried beans
Spinach	Sweet potatoes
Pork	Tomatoes

Vitamin C

- Helps you have strong teeth and gums
- Helps you have strong bones and muscles
- Helps keep you from getting sick.

Examples of foods with vitamin C

Oranges	Strawberries	Cabbage
Lemons	Raspberries	Potatoes
Grapefruit	Broccoli	Spinach
Watermelon	Tomatoes	
Honeydew	Green peppers	

Vitamin D

- Helps your body build strong teeth and bones
- Helps your body absorb calcium.

Examples of foods with vitamin D

Milk	Tuna	Eggs
------	------	------

Always remember the best source of vitamin D is a little bit of sunlight



NUTRITION MANUAL FOR KIDS

Vitamin E

- Helps protect your eyes, skin, and liver
- Helps protect your lungs from air pollution
- Helps your body store vitamin A
- Helps vitamin K with blood clotting.

Examples of foods with vitamin E

Corn	Spinach
Sunflower seeds	Vegetable oils

Vitamin K

- Helps your blood clot.

Examples of foods with vitamin K

Broccoli	Lettuce	Cheese
Spinach	Cabbage	

Calcium

- Helps build strong teeth and bones
- Helps lower the risk of some cancers
- Helps you use your muscles
- Helps you use your nerves
- Helps your blood clot.

Examples of foods with calcium

Milk	Almonds
Yogurt	Oranges
Cheese	Salmon canned with bones
Collards	Sardines canned with bones
Tofu	Papaya
Turnip greens	Ice cream

Iron

- Helps carry oxygen in your body.

Examples of foods with iron

Red meat	Apricots
Liver	Baked potato with skin
Dried beans	Enriched whole-grains
Raisins	Spinach
Shrimp	Lentils
Black-eyed peas	

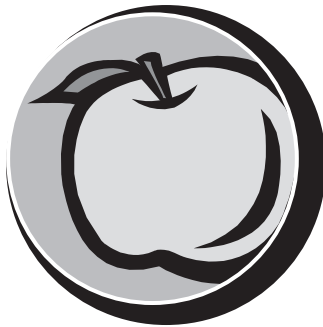


What Foods Cause Tooth Decay?

- To avoid tooth decay your baby should never be put to bed with a bottle of milk, juice, formula, or other sweet drinks.
- Avoid letting your baby suck on a bottle for long periods of time.
- Serve water to quench your child's thirst.
- Limit the number of snacks to no more than three per day.
- Serve healthy snacks, such as fresh fruits and vegetables.
- Limit the sticky foods like raisins, candies, and cookies.
- Offer water with snacks.

What Are Some Examples Of Healthy Snacks?

Natural cheese (swiss, cheddar, muenster)	Oranges
Milk	Peaches
Plain yogurt	Pears
Peanut butter	Plums
Cottage cheese	Strawberries
Whole-grain breads	Watermelon
Popcorn	Carrots
Apples	Celery
Bananas	Green peppers
Blueberries	Cucumber
Grapes	Broccoli
Grapefruit	Tomatoes
	Kiwi



NUTRITION MANUAL FOR ADULTS



Home Food Safety

How Do You Keep Food Safe From Bacteria?

- Keep food out of the danger. Bacteria grows rapidly between 40°F and 140°F.
- Store food below 40°F or keep them warm above 140°F.
- Store raw meat in a meat keeper.
- Wash hands with warm soapy water for at least 20 seconds before beginning food preparation and every time after handling raw foods.
- Defrost meat, seafood and poultry in the refrigerator, microwave, or in a watertight plastic bag submerged in cold water (the water must be changed every 30 minutes).
- Never defrost at room temperature.
- Always use a clean cutting board. Wash cutting boards with hot soapy water and scrub brush. Then sanitize them in the dishwasher or use 1 teaspoon chlorine bleach to 1 quart of water.
- Before opening canned foods, wash the top of the can to prevent dirt from coming in contact with food.
- Do not keep leftovers at room temperature for more than two hours.
- Use a thermometer to insure proper internal temperature.

For more information go online to: <http://www.foodsafety.gov>.



NUTRITION MANUAL FOR ADULTS



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	About 2 cups every day	About 2 cups every day	About 3 cups every day; for kids aged 2 to 8, it's 2	About 5½ oz. every day



What Should I Eat and How Much?

What Should I Eat?

It is really important that you eat a wide variety of foods. All foods are important in their own way. Whole-grain foods give you energy. Fruits and vegetables give you lots of vitamins and minerals, which help you look and feel healthy. Dairy products give you calcium, which help you build strong teeth and bones. Meats give you protein, which helps you have strong muscles.

How Much Should I Eat Each Day?

Breads	6-11 servings
Fruits	2-4 servings
Vegetables	3-5 servings
Meats	2-3 servings
Milk	2-3 servings
Fats and Sweets	as little as possible

GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>

Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



NUTRITION MANUAL FOR ADULTS

What Is A Serving?

Bread	<i>1 slice 1 cup of ready-to-eat cereal ½ cup of cooked cereal ½ cup of cooked rice or pasta</i>
Fruits	<i>1 medium sized apple, banana, pear, orange, etc. ½ cup chopped, cooked, or canned fruit ¾ cup 100 percent fruit juice</i>
Vegetables	<i>1 cup raw leafy vegetables ½ cup of other raw vegetables ½ cup of cooked vegetables ¾ cup 100 percent vegetable juice</i>
Meats	<i>2-3 ounces cooked lean meat, poultry, or fish 1 ounce of meat = ½ cup tofu, 1 egg, ⅓ cup of nuts, or 2 tablespoons of peanut butter</i>
Milk	<i>1 cup of milk or yogurt 1 ½ ounce of natural cheese (cheddar, swiss, muenster) 2 ounces of processed cheese (american)</i>

What Does 1 Portion Look Like?

Bread	<i>1 slice</i>
Ready-to-eat cereal	<i>large handful</i>
Cooked cereal, rice, or pasta	<i>ice cream scoop</i>
Medium apple	<i>tennis ball</i>
½ cup cut up, cooked or canned fruit	<i>7 cotton balls</i>
1 potato	<i>baseball</i>
1 ounce of cheese	<i>pair of dice or dominoes</i>
3 ounces of meat	<i>deck of cards or palm of hand</i>
1 tablespoon of peanut butter	<i>thumb tip</i>
½ cup dry beans	<i>ice cream scoop</i>
2 tablespoons of salad dressing	<i>ping-pong ball</i>
1 teaspoon of butter	<i>stamp</i>



More Whole-Grains

- People who are obese (Body Mass Index of 30 or more) have a 50-100 percent higher risk of early death.

Why Do We Need Whole-Grains?

We get our main source of energy from whole-grain foods. Our bodies are made to get our fuel from these foods. Whole-grain foods also give us fiber, which is very important for our body's to have.

What Is Fiber?

Fiber is the material in foods that are not digested. It is found in fruits, vegetables and whole-grain foods. Fiber is important because it does many things in the body. For starters fiber helps you feel full because it absorbs water and swells. Fiber also helps spread out calorie-dense fats and sweets which helps with weight control. Fiber also helps prevent constipation and hemorrhoids by keeping everything moist and moving easily; this also helps keep the muscles of the digestive system strong. Lastly, fiber may reduce the risk of heart and artery disease by lowering your cholesterol.

How Much Should I Eat?

It is recommended that most adults eat six to 11 servings of whole-grain foods everyday.

What Are Some Examples Of Whole-Grain Foods?

Whole-grain bread	100 percent bran cereal
Brown rice	Multi-grain crackers
Whole-grain muffins	Popcorn
Pumpkin seeds	



Take Five A Day

- About one-fourth of Americans in 2000 ate five or more fruits and vegetables a day

Why Do We Need Fruits And Vegetables?

Fruits and vegetables provide our body's with vitamins, minerals and fiber.

What Are Vitamins?

Vitamins are used in hundreds of ways in the body. They are needed to help your body grow and develop, help your blood clot, and help give your body energy. Some vitamins also help you see in color, while others help keep your teeth strong and healthy. Some examples of foods packed with vitamins are: fruits, vegetables, and dairy products.

What Are Minerals?

Minerals are important because they help strengthen your bones, they help transport oxygen in your body, help fight off infection, and allow your body to get energy from foods. Some examples of foods with minerals are: fruits, vegetables, meats, and dairy products.

How Many Fruits And Vegetables Should I Eat?

- It is recommended that most adults eat five to nine or more servings each day.
- This usually averages out to:
 - two to three fruits each day
 - three to four vegetables each day



What Is So Special About Calcium?

- Osteoporosis is responsible for 1.5 million fractures a year.

What Does Calcium Do?

- It protects you against osteoporosis.
- It protects your bones from the risk of fractures.
- It protects you against breast cancer.
- It's needed for your use of muscles and nerves.
- It helps with blood clotting.

How Much Calcium Should I Get?

Age	Amount
9-18 years	1300 milligrams a day
19-50 years	1000 milligrams a day
51 and over	1200 milligrams a day
During pregnancy and lactation	1000 milligrams a day

What Foods Have Calcium In Them?

Milk	Papaya
Yogurt	Oranges
Pudding	Tofu
Ice cream	Almonds
Cheese	Sardines with bones
Salmon with bones	Collards
Turnip greens	



Take Action

- Almost half (40 percent) of American adults do not do any leisure time physical activity.

What Can I Do?

- Physical activity helps with losing weight, especially if you cut back on your fat and calorie intake.
- Physical activity is also very important at keeping the weight off.
- Besides helping you lose weight, physical activity helps prevent against heart disease, diabetes, bone loss, certain types of cancer, anxiety, and depression.
- Choose activities you enjoy; that way you have a better chance of sticking with it.
- Walking is a great way to get physical activity.
- Try as hard as you can to make physical activity part of your daily life. Don't get discouraged if you miss a day or two, just do your best.
- Adding moderate physical activity five or more times a week can burn up to 150 calories a day. In six months that equals out to 5 pounds, and in one year it equals out to 10 pounds. If you couple moderate physical activity with a calorie reduction of 150 calories each day, you will see those numbers double to 10 pounds in six months and 20 pounds in one year.



What Are Some Examples Of Physical Activities That Burn 150 Calories?

Gardening (30-45 minutes)	Walking 1¾ mile (35 minutes)
Walking two miles (30 minutes)	Bicycling five miles (30 minutes)
Stair walking (15 minutes)	Swimming (20 minutes)
Raking leaves (30 minutes)	Jumping rope (15 minutes)
Wheeling in a wheelchair (30-40 minutes)	Pushing stroller 1½ mile (30 minutes)

How Should I Exercise And How Often?

- Exercise three to five days a week.
- Always warm up and stretch for five to ten minutes before exercising.
- Exercise for 30-45 minutes.
- Always cool down and stretch for five to ten minutes at the end of exercising.
- If your goal is weight loss try exercising for 30 minutes, five times a week.

Remember: Always consult your doctor before starting any kind of exercise regimen.



It's Your Health Take Charge

Guidelines For Controllable Risk Factors

High Blood Pressure

- Try to control your weight (follow the Food Guide Pyramid and do some physical activity).
- Limit alcohol intake – Men (no more than two drinks each day); Women (no more than one drink each day).
- Cut back on salt intake (recommended 2400 milligrams each day).
- Don't smoke.
- Limit stress to as little as possible.

Diabetes

- Maintain a healthy weight.
- Eat a diet low in saturated fat and sugar.
- Eat a diet high in complex carbohydrates and fiber such as whole-grain foods.
- Exercise regularly.

Coronary Artery Disease

- Maintain a healthy weight (limit fat to 30 percent or less of intake).
- Limit saturated fat intake as much as possible.
- Limit trans-fat as much as possible.
- Limit intake of cholesterol.
- Eat more fruits and vegetables.



Osteoporosis

- Get enough calcium and vitamin D.
- Try estrogen replacement therapy (provided there is an understanding of the benefits and the risks, and that it is monitored by a doctor).
- Try to have maximum bone mass (amount of calcium taken in and adequate physical activity).

Cancer

- Eat foods mostly from plant sources.
- Limit intake of high fat foods (especially from animal sources).
- Be physically active (achieve and maintain a healthy weight).
- Limit alcohol intake.



NUTRITION MANUAL FOR ADULTS

What Do Those Numbers Mean?

Cholesterol (One in five Americans have high cholesterol.)

Test	Ideal	Borderline	Dangerous
Total Cholesterol	200 or less	200-239	240 or more
HDL	60 or more	—	40 or less
LDL	100 or less	130-160	160 or more
Chol./HDL ratio	4.5 or less	4.5-5.5	5.5 or more
LDL/HDL ratio	3 or less	3.0-5.0	5 or more
Triglycerides	150 or less	150-200	200 or more

Diabetes (Approximately 17 million people in the U.S. have diabetes.)

Blood Glucose Value

Normal	110 or less
Pre-Diabetes	110-125
Diagnosable Diabetes	125 or above (fasting) 200 or above (not fasting but showing signs)

Blood Pressure (One in five Americans have high blood pressure.)

Ideal	under 120 / 80
Pre-HTN	120-139 / 80-89
Considered Hypertension	
Mild	140 / 90 and above
Moderate	160-179 / 100-109
Severe	180 / 110 and above



What Are Some Warning Signs Of A Heart Attack?

- Chest Discomfort – discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. It can be pain or discomfort in one or both arms, back, jaw, or stomach.
- Shortness of breath. It can occur before or with chest discomfort.
- Cold sweat, nausea, or light headedness.

What Are Some Warning Signs Of A Stroke?

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause.



NUTRITION MANUAL FOR ADULTS

Body Mass Index (BMI) Table

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight (in pounds)																
4'10" (58")	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11" (59")	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5' (60")	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1" (61")	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2" (62")	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3" (63")	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4" (64")	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5" (65")	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6" (66")	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7" (67")	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8" (68")	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9" (69")	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10" (70")	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11" (71")	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6' (72")	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1" (73")	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2" (74")	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3" (75")	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

Source: Evidence Report of Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998. NIH/National Heart, Lung, and Blood Institute (NHLBI)

Centers for Disease Control and Prevention
United States Department of Health and Human Services



$$\text{BMI} = \left(\frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 730$$

For example, a person who weighs 220 pounds and is 6 feet 3 inches tall has a BMI of 27.5.

$$\text{BMI} = \left(\frac{220 \text{ lbs.}}{(75 \text{ inches}) \times (75 \text{ inches})} \right) \times 730 = 27.5$$

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

The FDA strictly regulates health and nutrient claims. They must be supported by scientific evidence to appear on food labels. The foods must also meet specific nutrient requirements.



NUTRITION MANUAL FOR ADULTS

Nutrient Claims

Term	Per serving size on label
Free cholesterol, Reduced Lite, Light	<ul style="list-style-type: none">• Contains no, or only trace amounts of fat, saturated fat, sodium, sugars, and calories• At least 25 percent lower in the nutrient than the standard• At least 50 percent less fat• 50 percent less sodium; one-third fewer calories (must also contain less than 50% of calories from fat)
Low	<p>Low fat: 3 grams or less</p> <p>Low Cholesterol: 20 milligrams or less</p> <p>Low saturated fat: 1 gram or less</p> <p>Low sodium: 140 milligrams or less</p> <p>Very low sodium: 35 milligrams or less</p> <p>Low calorie: 40 calories or less</p>
High	<p>20% or more of the Daily Value</p> <p>Fiber: 5 grams or more</p> <p>Potassium: 700 milligrams or more</p> <p>Vitamin A: 1,000 IU or more</p> <p>Vitamin C: 12 milligrams or more</p> <p>Folate: 80 micrograms or more</p> <p>Iron: 3.6 milligrams or more</p>
Good Source	<p>10–19% of the Daily Value</p> <p>Fiber: 2.5 to less than 5 grams</p> <p>Potassium: 350 to less than 700 milligrams</p> <p>Vitamin A: 500 to less than 1,000 IU</p> <p>Vitamin C: 6 to less than 12 milligrams</p> <p>Folate: 40 to less than 80 micrograms</p> <p>Iron: 1.8 to less than 3.6 milligrams</p>
Healthy	Food that is low in fat and saturated fat, 480 milligrams or less of sodium, and at least 10 percent of the Daily Value for vitamin A, vitamin C, Calcium, iron, protein, or fiber.
Lean	Less than 10 grams of total fat, 4.5 grams saturated fat, and 95 milligrams cholesterol per 100 grams (about 3 ounces)
Extra Lean	Less than 5 grams of total fat, 2 grams saturated fat, and 95 milligrams cholesterol per 100 grams (about 3 ounces)



Health Claims

Disease/Nutrient or Food

Example of a Health Claim

Osteoporosis/calcium

Regular exercise and a healthy diet with enough calcium help teens and young adult white and Asian women maintain good bone health and may reduce their high risk of osteoporosis later in life.

Cancer/fat

Development of cancer depends on many factors. A diet low in total fat may reduce the risk of some cancers.

Cancer/fiber-containing foods

Low-fat diets rich in fiber containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.

Cancer/fruits and vegetables

Low-fat diets rich in fruits and vegetables (foods that are low in fat and may contain dietary fiber, vitamin A, or Vitamin C) may reduce the risk of some types of cancer, a disease associated with many factors. Broccoli is high in vitamin A and C, and is a good source of dietary fiber.

Heart Disease/fiber-containing foods

Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products which contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors.

Heart Disease/saturated fat and cholesterol

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

Hypertension/sodium

Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors.

Birth Defects/folic acid

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.



Take Down Fat

- In 2000, 20 percent of Americans were considered obese (BMI of 30 or more).

Why Do We Need Fat?

Fat is a major source of energy for our body and it helps us absorb vitamins A, D, E, and K. When people used to hunt and farm for themselves it was the body's way of protecting against famine. During times of feast their body would store excess fat to be used in times of famine. Today we don't use fat that way because most people do not have times like that anymore. We mostly use fat in today's world to provide taste, texture, and to help us feel full. When we eat more fat and/or calories than our body needs, we start to gain weight. It is very important to keep in mind that excess fat also contributes to high levels of cholesterol in the body.

What Is Cholesterol?

It is something our body makes naturally, but when we add it to our everyday diets we tend to get too much of it. When this happens, it builds up on the walls of our arteries. This waxy build up adds to our risk of having heart disease. Our body uses cholesterol to make vitamin D, hormones, and other substances that break down fat. There are two types of cholesterol: HDL (healthy) cholesterol and LDL (lousy) cholesterol. HDL cholesterol is good for the body, and this is the type we want to get the most of. LDL cholesterol is the bad type and this is what we want to get the least of.

What Do Those Cholesterol Numbers Mean?

Total cholesterol

Normal:	200 or less
Borderline-High:	200-239
High:	240 or above

HDL cholesterol

Normal:	60
Borderline-Low:	40 or less

LDL cholesterol

Normal:	100 or less
Borderline-High:	130-159
High:	160 or less



Is All Fat The Same?

No. Fat comes in different types: saturated fat, unsaturated fat, and trans-fat. Saturated fat is usually solid at room temperature. It is almost always associated with raising your LDL cholesterol. The main source of saturated fat is animal products. It is recommended that we eat as little saturated fat as possible. Unsaturated fats are usually liquid at room temperature. This fat is usually associated with lowering our LDL cholesterol and raising our HDL cholesterol. The main source of unsaturated fats are plant sources. It is recommended that we eat more of this type of fat than any other. Trans-fat is very similar to saturated fat in that it tends to raise our LDL cholesterol and lower our HDL cholesterol. This is sometimes called the hidden fat and is found mostly in processed foods. It is recommended that we eat as little as possible of this fat.

How Do I Cut Back On My Fat Intake?

- Eat sensible portions.
- Replace high fat foods with low fat foods such as: fresh fruits and vegetables, yogurt, whole-grain foods, and fish.
- Cook with different fats such as vegetable oils and soft margarines.
- Follow the food guide pyramid.
- Try to eat more lean meats such as chicken without the skin, lean pork, fish and seafood, or red meat trimmed of fat.
- Try replacing regular fat cheese with low fat cheese.



Take Down Salt

- 80 percent of the salt we eat comes from processed foods and not from our salt shaker, which leaves only 20 percent coming from the salt shaker.
- 300,000 people die each year in the U.S. from obesity related diseases.
- High blood pressure is twice as common in obese adults than in healthy weight adults.

Why Do We Need Salt?

Most of the time we eat salt for one reason only...flavor.

What Do Those Blood Pressure Numbers Mean?

Ideal: under 120/80
High-Normal: 120-139 / 80-89

Considered Hypertension
Mild: 140 / 90 and above
Moderate: 160-179 / 100-109
Severe: 180 / 110 and above

How Do I Cut Back On My Salt Intake?

- Cook with fresh vegetables instead of canned vegetables.
- Cook with herbs and spices instead of salt.
- Try buying lower sodium foods.
- Try buying the least processed foods possible.
- Cut back on your intake of pickled foods.
- If you buy canned vegetables, try to buy the ones labeled “no salt added”.



Take Down Sugar

- A difference of one 12 ounce soda (150 calories) or 30 minutes of brisk walking most days can add or subtract about 10 pounds to your weight each year.

What Are Empty Calorie Foods?

Empty calorie foods are those foods that have a lot of calories and/or fat but not much of anything else. These are foods that usually contain very little vitamins and minerals. Empty calorie foods usually appear at the top of the foods guide pyramid. It is recommended that we eat the least amount of these foods as possible. A lot of empty calorie foods have what is called a sedative effect. This is when you get a burst of energy from the food. Then in a very short period of time you loose that energy and usually end up more tired than you were before you ate the food.

What Are Some Examples Of Empty Calorie Foods?

Candy	Snack cakes	Cotton candy
Candy bars	Popsicles	Onion rings
Chocolate	Ice cream bars	Mozzarella sticks
Cookies	Jelly	Nacho cheese
Cakes	Butter	Salad dressing
Soda	Cream pies	Gravy
Sugar-sweetened drinks	French fries	Sugar
Chips	Hot dogs	Marshmallows
Doughnuts	Fried dough	Pastries
	Corn dogs	

What About Soft Drinks?

- One 12 ounce can of soda (not diet) has between 150-200 calories.
- One 12 ounce can of soda (not diet) has between 9-11 teaspoons of sugar.
- One 12 ounce can of soda (not diet) has between 30-70 milligrams of caffeine.
- It is completely void of any nutritional value.
- It is recommended that you limit your intake of soda as much as possible.